CASE STUDY - COPD

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# 1. Introduction

This study provides detailed guidelines for the measures and practices that need to be followed by the nurse to treat Cedric. Cedric is already 75 years old and he has recently been admitted to the emergency department, and the cause of this illness is Chronic Obstructive Pulmonary Disease (COPD). Previous medical history suggests that Cedric has hypertension and anxiety along with COPD. This study will be centered on the health policies and practices, which are needed to be implemented for Cedric’s treatment. Furthermore, this study provides a detailed analysis of the impact of Cedric’s health condition on his physical, mental and cognitive health.

# 2. Discussion

According to WHO, the term health promotion refers to the process that enables people to improve their health (WHO, 2023). As per the views of Ture *et al.* (2020) health promotion is an integral part of treatment and nurses play a significant role in health promotion. Cedric is 75 years old and after losing his wife, he feels truly desolate and isolated, he does not wish to lose his only daughter, therefore, he feels reluctant to get admitted to a hospital. The nurse therefore has to adopt two health promotion strategies for Cedric, one is creating a supportive environment and the other one is developing personal skills. As per the views of Parris *et al.* (2019), supportive surroundings promote optimum wellness. The nurse has to make Cedric realise that the hospital environment is safe for him and at the hospital he will not be alone and there will be people to take care of him. Moreover, with the help of personal skills strategies the nurse has to converse with Cedric and find out what factors discourage him to come under proper treatment at the hospital. After finding the reasons, the nurse has to use communication strategies to convince Cedric of his treatment at the hospital.

Health policy is a set of decisions, goals, plans and actions which are undertaken to achieve healthcare success. According to the statement of Blackwood *et al.* (2019), a nurse plays a significant role in determining the potential actions that can be most befitting for the treatment of a patient. In the case of Cedric, the nurse heavily influences the healthcare process. Cedric is extremely anxious and his health condition is constantly deteriorating, yet he is not ready to express all his feelings and as a result, his treatment process is being hindered. Therefore, the nurse has to adopt education and social health policy. The first need is to socialise with Cedric and make him feel comfortable; Cedric must feel that his treatment and well-being are of paramount importance. With the help of an education policy on health, the nurse needs to convey to Cedric the severity of his disease, and the available treatments of the disease. Thus, with the help of these two policies, the nurse needs to make Cedric realise that he will be cured shortly but for this, he needs to be diagnosed at the hospital. The nurse should abide by the ***“National COPD Policy Action Plan”*** and needs to reduce clinical inertia and concentrate on preventive measures.

Cedric’s behavioural distress can be a result of multiple causes such as the death of his wife, his senility, and his overdependence on his daughter. Furthermore, Cedric was a proactive smoker and he used to consume over 30 cigarettes per day. As per the views of Steinbook (2021), Cigarettes are extremely harmful to human health but at the same time, cigarettes have properties that help to reduce stress and distress for a short time. Cedric quit smoking five years back; however, he was not much distressed because he had his wife by his side. Their medical history of Cedric has revealed that for the last few months, he has been experiencing frequent admission to the hospital. Last year, Cedric’s wife died and now he is more vulnerable and wishes to continue his treatment at home. However, his medical condition necessitates a proper cynical set-up and the support of professional doctors. This suggests that after his wife Cedric has become melancholic. Therefore, the nurse has to adopt practices that like motivation and encouragement. The nurse must motivate Cedric and make him feel that he is not alone and he can be cured only in a hospital because all the medical facilities will not be available at home. Furthermore, through encouragement practice, the nurse needs to encourage Cedric to calm his mind and get admitted to the hospital

Cedric is a COPD patient and he was first diagnosed with COPD 10 years back, and recently it has been found that Cedric is at the 4th stage of COPD. Besides, this Cedric has hypertension and anxiety, and he does not wish to express his feelings. The direct physical impact of COPD on Cedric is a breathing problem; Cedric's respiratory rate dropped to 32 breaths per minute and his oxygen saturation level is 89%. As per the views of Maselli *et al.* (2019), stage 4 is the final stage of COPD and it occurs when someone is living with this disease for a long time, it basically damages the lungs and lowers the quality of life. His current physical condition of Cedric is continuously deteriorating, and he is facing shortness of breath and highly frequent exacerbations. Moreover, due to hypertension and anxiety, Cedric is not able to express all his feelings to the nurse.

Cedric‘s anxiety and depression have intensified because of his COPD. It has been argued by Yohannes (2021) that depression and anxiety are quite in the patents of COPD. COPD is at the very root that makes Cedric extremely anxious. Cedric is unable to express his feelings. Anxiety is the father responsible for panic attacks and shortness of breath. Due to COPD, Cedric has become less active; he does not involve himself in any activity and due to this his anxiety and depression are further increasing. As per the observation of Philip *et al.* (2019), COPD patients need to stay active because it helps to strengthen the lungs and at the same time improves mental health. Therefore, it can be noted here that two major mental illnesses of Cedric that are anxiety and hypertension are being facilitated because of his stage four COPD.

Cognitive domains can be distinguished into memory and attention and studies have found that COPD affects the cognitive domains of a person. Cedric is in the final stage of COPD and this has severe impacts on his cognitive domains. It has been observed by Morris *et al.* (2019) that features and characteristics like hypoxemia, oxidative stress, and hypercapnia systemic inflammatory state of COPD are responsible for “mild cognitive impairment” However, the impact of COPD on cognitive domains depends on the severity of the disease. Studies have found that the more severe COPD a person has the more the chances of cognitive impairment. Thus, it is quite apparent here that Cedric is more susceptible to cognitive impairment because he has been dealing with COPD for the past ten years. Moreover, in recent times, Cedric’s COPD has become more severe and it has been classified that Cedric is at stage 4 of COPD. At this stage, Cedric can have cognitive impairments like memory loss, verbal loss and attention deficit.

Effective communication strategies are required for the nurse so that Cedric can feel free to express all his experiences and problems. It is because his honest confessions will facilitate his treatment process. The nurse has to devise the probable ways through which information from Cedric can be gathered and collected. This information can be utilised by doctors to prescribe effective medicines and ensure apt and just treatment. It has been argued by Slevin *et al.* (2019), that patient-centered communication is necessary to adopt for COPD patients because this way maximum understanding can be developed regarding the feelings of COPD patients. Therefore, the nurse has to focus on patient-centered communication and consultation so that he can collect the required information from Cedric while simultaneously communicating all the required information to Cedric about the importance and his current need for hospitalised treatment.

Patients with COPD can live long and most people liver into their 70s to 90s with COPD. However, studies have found that when COPD patients have some other complications like diabetes or heart disease, their life span can be cut short. Cedric is at the final stage, but he has no heart or diabetes-like complications. Therefore, it can be expected that with proper treatment at the hospital will be cured shortly, however, his lifespan can be compromised to some extent.

# 3. Conclusion

To conclude this study, it can be noted here that Cedric is in a serious condition and he needs immediate treatment. However, the nurse has to communicate effectively with Cedric and make him understand that he needs to get hospitalised at the earliest. In this regard, a patient-centered communication approach needs to be utilised. Cedric has reached the final stage of COPD, therefore, cognitive impairments like memory loss, and verbal problems can be observed in him. After the death of his wife, Cedric feels lonely and monotonous and his anxiety and depression are increasing further. Therefore, the nurse has to be supportive, and courageous; at the same time it has to ensure that Cedric feels comfortable in the hospital environment.

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